

# Excellent Egg Tacos

**Makes:** 24 or 50 servings

24 Servings			50 Servings	
Ingredients	Weight	Measure	Weight	Measure
Eggs, scrambled		24 large		50 large
Onion, diced	1.5 oz	¼ cup	3 oz	½ cup
Pan release spray		As needed		As needed
Taco Seasoning (or Mexican Seasoning Mix)	.75 oz	1/8 cup	1.5 oz	1/4 cup
Cheddar Cheese, reduced fat, shredded	8 oz		1 lb	
Corn Taco Shells (4 or 5 inch)		24 shells		50 shells

## Directions

1. Beat eggs. Add diced onions. Pour into steam table pan (1/2 pan for 24 servings and full pan for 50 servings) sprayed with pan release spray. Steam for 3-4 minutes or bake in convection oven at 350° F for approximately 15-20 minutes (stirring once after 10 minutes). Stir to break up to look like scrambled eggs once they reach an internal temperature of 160° F. Reserve for Step 3.
2. Stir taco seasoning (or Mexican seasoning) and cheese into the egg mixture. Hold at 135° F or above.
3. Portion #10 scoop of egg mixture into each taco shell. Transfer tacos to 12 x 20 x 4 inch steam table pan.
4. Heat convection oven to 300° F. Bake tacos 3-5 minutes or until tacos are heated through.

## Notes

Serving Tips:

Mexican Seasoning Mix (see G-01A, Dips, Dressings, Gravies, and Seasonings) may be used instead of taco seasoning.

## Nutrition Information

Key Nutrients	Amount	% Daily Value
<b>Total Calories</b>	<b>179</b>	
Total Fat	10.8 g	
Protein	10 g	
Carbohydrates	9.9 g	
Dietary Fiber	0.7 g	
Saturated Fat	3.2 g	
Sodium	279 mg	